


COUNSELING AND SUPPORT

# Family Counseling Support Finder Maine

A guide for finding counseling, parent coaching, school supports, 211 resource help, and calm next steps before conflict grows.

<p><b>You may be here because</b> Things feel urgent, confusing, tense, or scattered, and you need one safe first step instead of trying to fix everything at once.</p>	<p><b>This guide helps you</b> A guide for finding counseling, parent coaching, school supports, 211 resource help, and calm next steps before conflict grows.</p>
<p><b>First safe step</b> Check safety first. Then pick one task you can complete today: a call, a folder, a note, or a support request.</p>	<p><b>This is not</b> This does not replace 911, crisis help, legal advice, medical or mental-health care, safety planning, official forms, or current local verification.</p>

**Safety first:** Immediate danger belongs with 911. Call or text 988 for crisis support. Maine Crisis Line: 1-888-568-1112. If abuse, coercive control, stalking, or fear may be present, use a safe device and trusted support before joint communication, counseling, or mediation.

<p><b>Current online version and related tools</b> <a href="https://focaf.jtforme.com/resources/">https://focaf.jtforme.com/resources/</a></p>	
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## Start with safety and one practical step

When things feel urgent, choose one clear step instead of trying to solve everything at once.

- Check safety first: immediate danger belongs with emergency help.
- Choose one calm next step you can do today.
- Write down only what you need for planning and follow-up.
- Use counseling, school/provider support, 211, legal aid, or official forms when more help is needed.

**Child-centered note for Family Counseling Support Finder Maine:** Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

## Next seven days planner

Keep tasks small and realistic.

Day or date	One task	Who can help
Today		
Tomorrow		
This week		
Next appointment		
Follow-up		

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## Document and contact tracker

Keep records organized for yourself. Share sensitive details only with trusted helpers, qualified professionals, official agencies, legal counsel, or emergency/crisis support when needed.

Document or note to save	
Where it is stored	
Person or office contacted	
Date	
Follow-up needed	

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## Support options before escalation

When it is safe, support-first steps can reduce confusion and conflict.

- Counseling, parent coaching, or family support
- School, childcare, doctor, counselor, or care-team coordination
- 211 Maine, crisis supports, housing/food/transportation help
- Legal aid, official forms, or qualified counsel when a legal step is needed

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## Keep personal details private

Use these pages for your own planning. Share sensitive details only with trusted helpers, qualified professionals, official agencies, legal counsel, or emergency/crisis support when needed.

- Do not put child names, medical records, sealed records, confidential court materials, or private allegations into broad emails, social media, or untrusted forms.
- Store sensitive documents somewhere safe.
- Ask a qualified professional or official office when safety, health, legal process, or deadlines are involved.
- Use general review notes only for wording, policy, process, safety, clarity, and implementation suggestions.

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## Before you stop

Pick one next step that is safe, realistic, and helpful.

One thing I can do today	
One support door to check	
One document or note to organize	
One person or provider to update	
One thing to leave for later	

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